

Day 2

Read Mark 10:13-16

As you read Mark 10:13-16, draw emojis above the phrases to illustrate what is happening. (You can also open the Notes app on a device and type emojis in a note.)

Notice that Jesus got angry before He took the children in His arms to bless them. Jesus wasn't a pushover or a doormat—there were times when He displayed righteous anger, and He never missed an opportunity to speak up for those weaker or less fortunate than He was. Then He took that strength and used it to be gentle to those who needed His comfort and kindness. It takes 💪 to be 🤲.

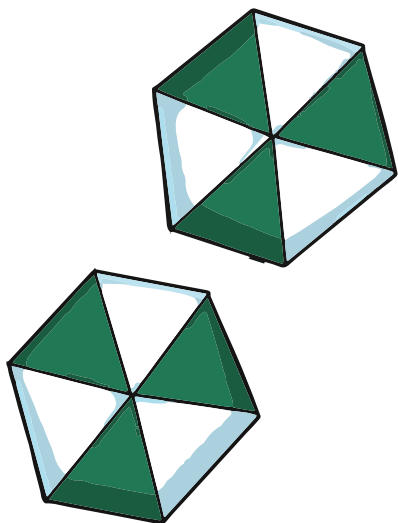
Day 3

God can give you the strength to be gentle.

As you pray this prayer out loud, every time you say the word “strength” or “power,” flex both arms. And every time you say the word “gentle” or “gentleness,” wrap your arms around your body in a giant hug.

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Dear God, thank You for showing gentleness to me. I want to respond to others with care and concern, but I need Your strength. Give me Your power to show others they are important with how I treat them with gentleness, and help me remember that being gentle isn't weak, but really requires Your strength in me! In Jesus' Name, I pray, amen.



## Day 4

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### One of the most challenging ways to be gentle is with our words—especially when we're tired or hungry or overwhelmed.

And sometimes it's hard to know in the moment if the words we are going to say will be as gentle as we want them to be. So before you speak today, ask yourself, is this:

- ▀ Generous
- ▀ Empathetic
- ▀ Nice
- ▀ True
- ▀ Loving
- ▀ Encouraging?

If it's true, but not kind, then it's not gentle, so weigh your words carefully. And remember that how you speak should be gentle too—and that might take the most strength of all! So be sure and pray, because **God can give you the strength to be gentle.**

## Day 5

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### Why is sometimes hard to be gentle?

Fill up the tub or the sink with water, and grab several objects around your house that can safely get wet. Separate them into two groups—those that you think will float, and those that you think will sink. Then test them out and see if you're right.

Gentleness may seem like something that should come easy to us, but the truth is, life's challenges can make choosing gentleness a bit of a struggle! Our own to-do lists, concerns, and responsibilities can make us feel like we're sinking—making it hard to reach out and offer kindness and care to others in need. That's why we need God's strength to choose gentleness!

When you choose gentleness, it's like floating on water, and bringing others along with you for the ride. Instead of allowing the stuff of life to sink you, ask God every day to help you have the strength to show care and concern to others!

